



# NATALIE UHLING

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2017





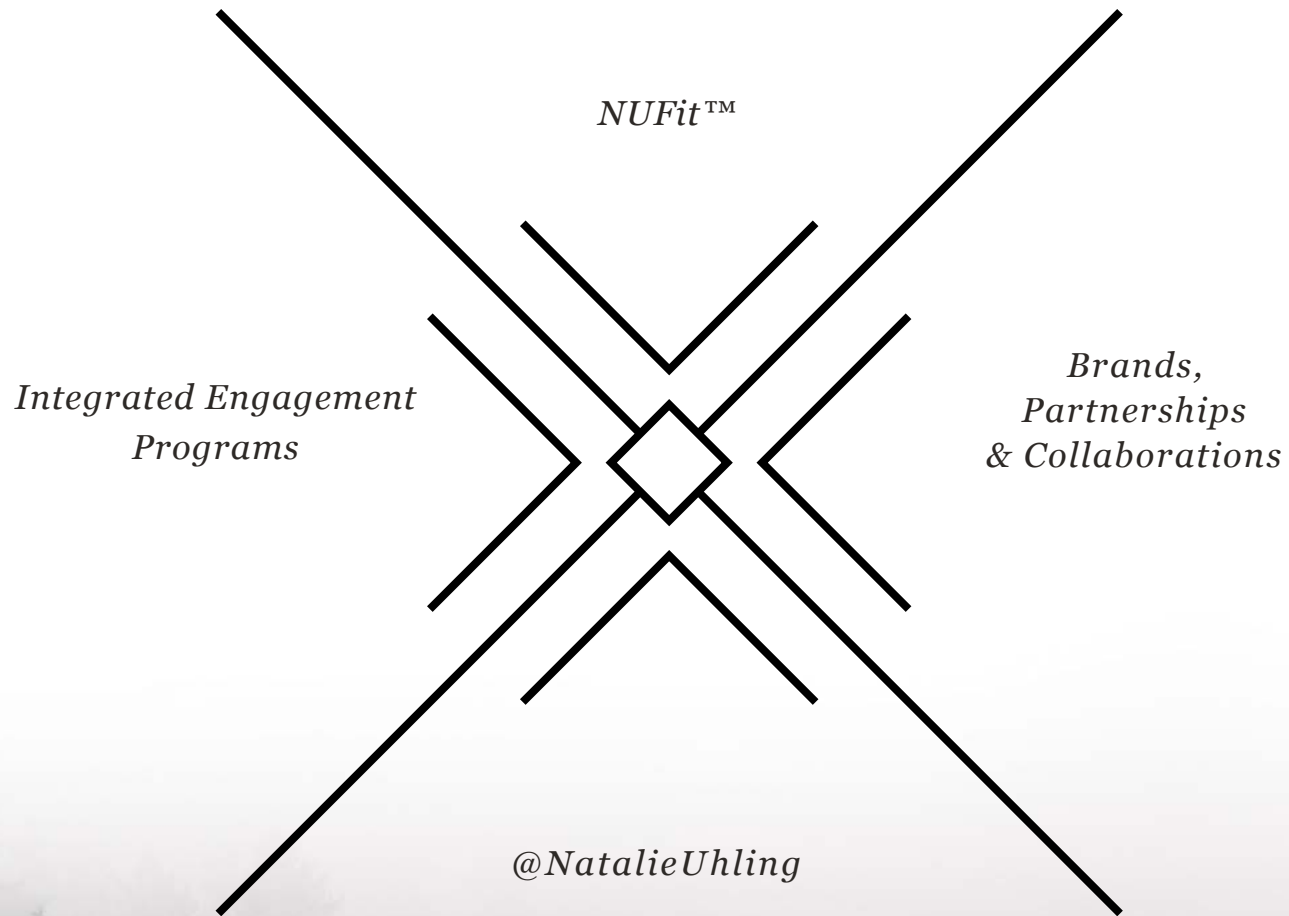
## MEET NATALIE |

*Natalie Uhling is an Athlete, Trainer, Creator, Female Force, Fitness Personality, Model,  
Stylist, Designer, Nutrition Nut and overall Health and Wellness Guru.*



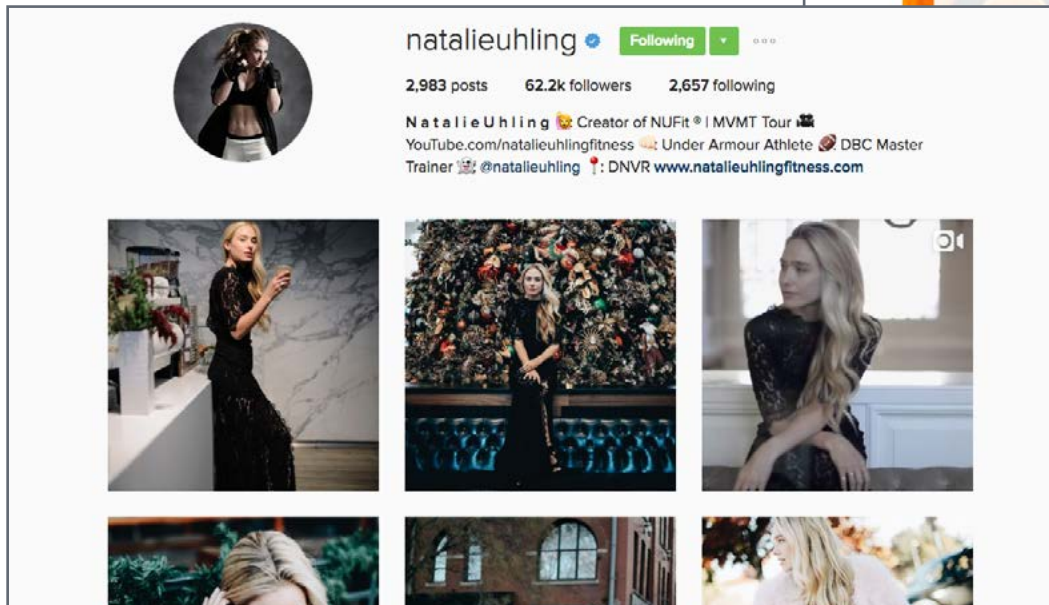
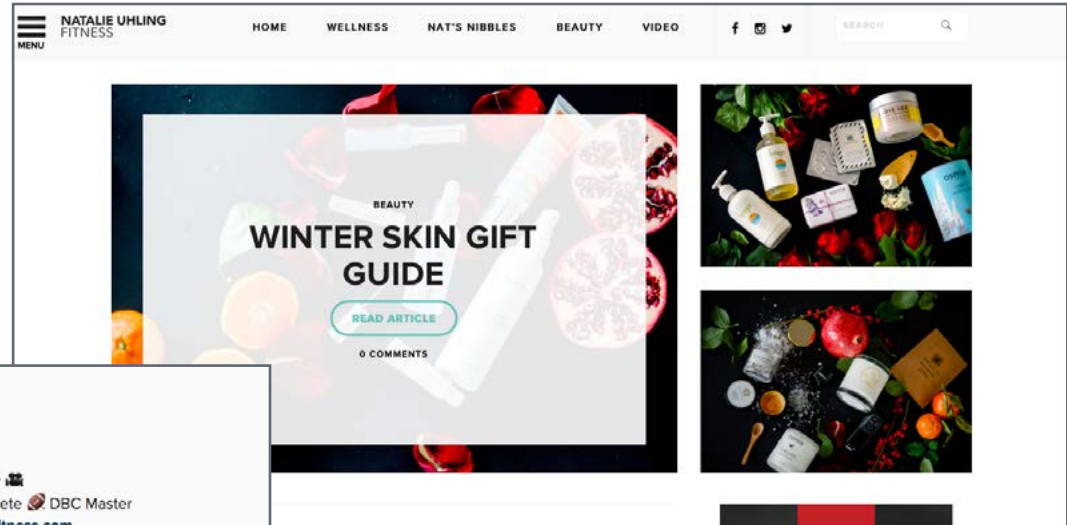


THE FOUR PILLARS | >>>





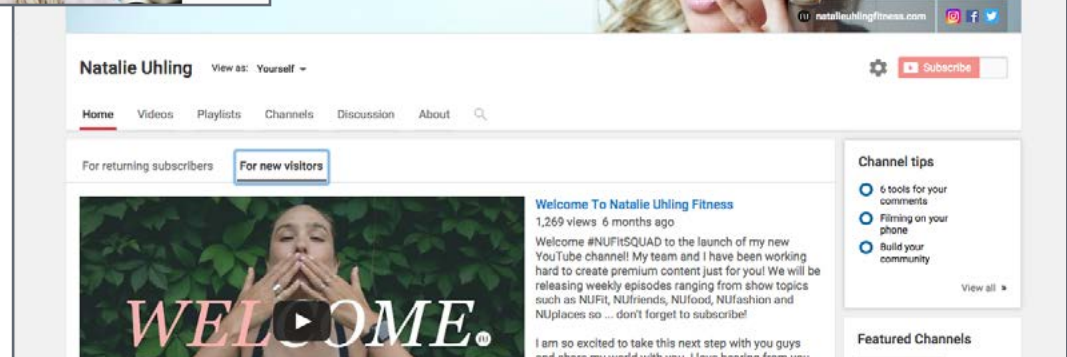
**BLOG** | Premium Storyteller, Creative Director, Tastemaker

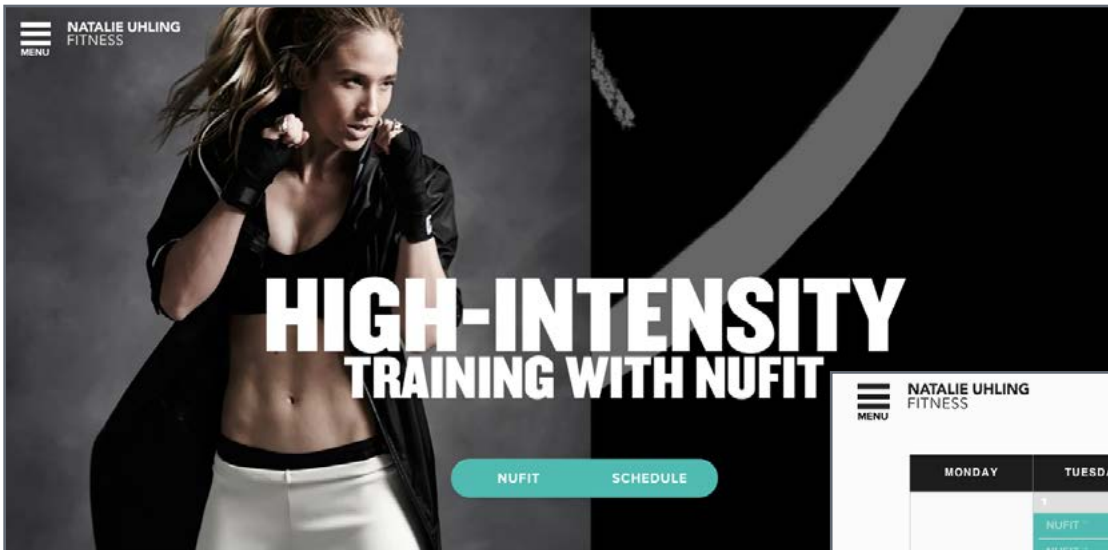


**SOCIAL** | Digital influencer, Empower, Impact Women



**VIDEO** | Educate, Build Community, Expert



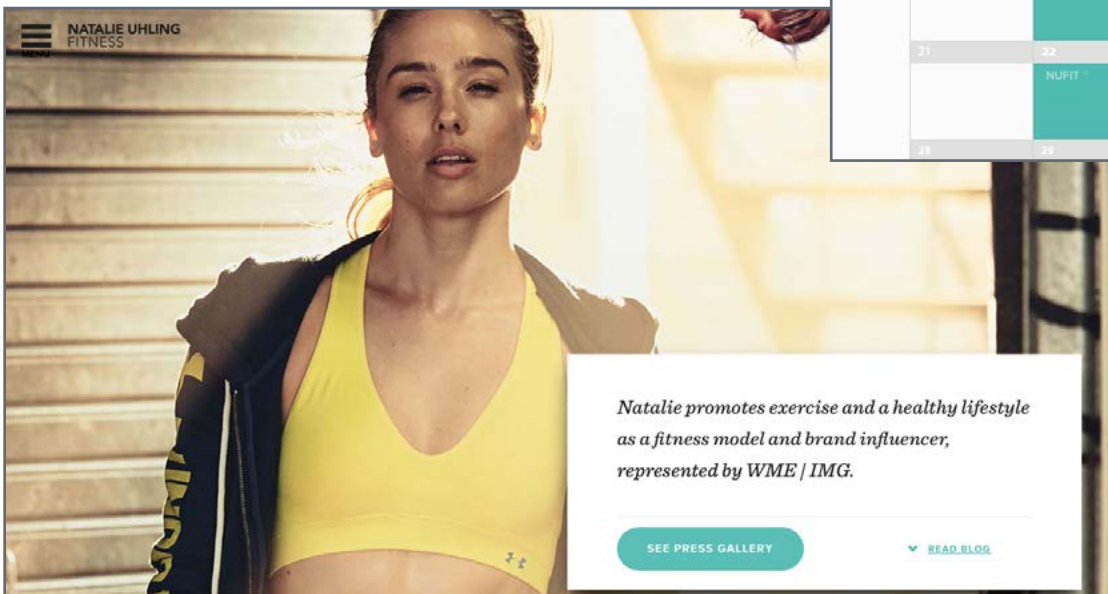


**CLASS** | *NUFit™ fuses the best elements of cardio and spot toning*

**EVENTS** | *Execution, Passion, Creativity*

**EVENTS FOR 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NUFIT™					
	NUFIT™					
MVMT TOUR   SPORTS AUTHORITY FIELD   SOLD OUT	NUFIT™					MVMT TOUR   EVQ ELITE DANCE STUDIO
	NUFIT™	MVMT TOUR   HALCYON, A HOTEL IN CHERRY CREEK		MVMT TOUR   CONTEMPORARY DANCE ACADEMY		MVMT TOUR   SHELLY TRUE DANCE ACADEMY
	NUFIT™					



**PERSONALITY** | Contagious Energy, Focused, Experienced



*Natalie creates a community for individual transformation that inspires athletes of all abilities and backgrounds to excel. She focuses an incredible amount of time creating environments filled with unique and everlasting energy.*

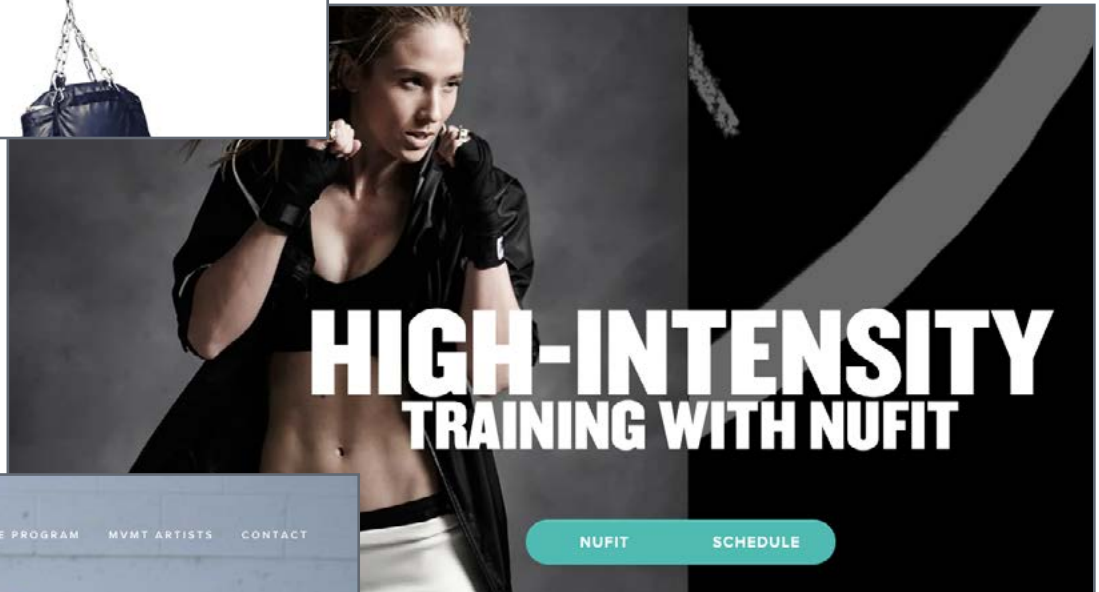
NATALIE UHLING | Pioneer, Female Athlete, Creator



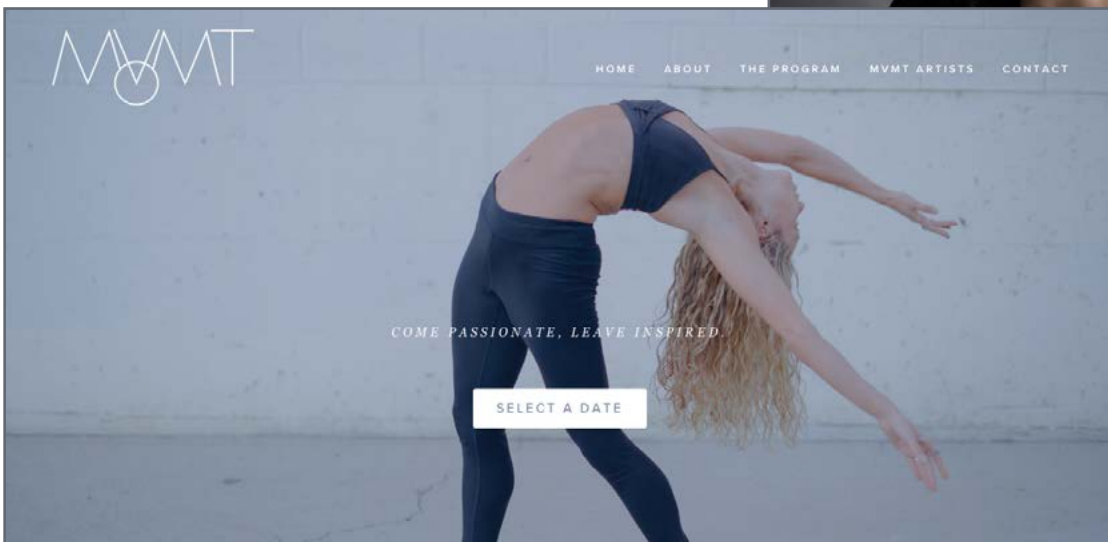
**ABOUT NATALIE UHLING**

The Natalie Uhling (NUJ) brand is a powerful motivator and game changer, disrupting the status quo of fitness. Playing at the intersection of fitness, nutrition, fashion and total mind-body-spirit wellness, Natalie creates an environment

Certified in Primary Group Fitness by the Aerobic and Fitness Association of America (A.F.F.A.), Natalie is demanding of her clients to ensure for safe and healthy workouts. She has a relentless focus on form, function and control in



NUFIT™ | Energy, Connection, Mindfulness



COME PASSIONATE, LEAVE INSPIRED

MVMT | Education, Community, Movement



## NATALIE UHLING | *METRICS*



**CATEGORY** | *Fitness Powerhouse*

**TOTAL PUBLIC REACH** | *Approx. 100K*

**FOLLOWER COUNT** | *Instagram 62K*

**AVERAGE OVERALL SOCIAL MEDIA IMPRESSIONS** | *Approx. +50K*

**FOLLOWER PROFILE** | *81% Women 19% Men, Ages 18-34*

**TOP CITIES** | *New York, London, Los Angeles & Denver*





NATALIE UHLING | PARTNERSHIPS



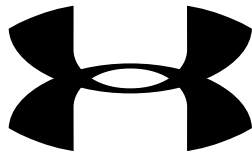
Women's Health

Silk

VISA



NBC Sports



FIJI<sup>®</sup>  
WATER

Colorado Athletic Club  
UNION STATION



FINISH LINE





## NATALIE UHLING | TESTIMONIALS



**RON WECHSLER** | *Senior Vice President*  
*NBC Sports*



*“In addition to being a world class athlete, Natalie is amazing to work with. Her fierce drive and determination are incredible attributes, and they are matched by her personal warmth and positive vibe.”*

**UNDER ARMOUR** | *Women’s Team*



*“Natalie Uhling is a strong, confident, professional trainer and athlete who has helped us revolutionize our women’s brand and break into the studio business. The face of the business for several years, Natalie has been authentic in the space and helped us push the limit.”*

**KERI GLASSMAN** | *Founder & President*  
*Keri Glassman, Nutritious Life*



*“Natalie is nothing short of a force of nature. She is professional, always on the top of her game and bringing 100% passion and commitment to all that she does!”*

**MICHELE PROMAULAYKO** | *Editor-in-Chief*  
*Cosmopolitan*



*“When it comes to inspiring women to dig deep to reach their fitness goals, Natalie is without peer. Whether she is teaching one client, a crowded class, or a stadium full of people, she shows up with energy, authenticity, and passion each and every time. I’m as awed by her dedication as I am by her incredibly fit physique--and that’s saying a lot!”*

# THANK YOU

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♥ Natalie  
Whiting